

Genetic Testing and Cancer: Understanding the Benefits



**Many cancers occur by unfortunate chance.
But some are linked to inherited gene mutations.**

The Methodist Genetics Program is designed to give you the support and knowledge necessary to make the most informed health care decisions. Our team is dedicated to guiding you through the genetic testing process while helping you feel empowered to take charge of your health.

What Is Genetic Testing?

Genetic changes – or mutations – inherited from your parents can increase your risk for developing certain types of cancers. Keep in mind that you may have a family history of certain cancers without the presence of a gene mutation.

To better help you understand your risk for cancer, your provider may recommend that you and/or your family members undergo genetic testing. This requires a blood or saliva sample to determine what, if any, inherited gene mutations are present.

If you have cancer, your doctor might recommend genetic testing to better understand your cancer and guide your medical care.

Why Is It Important?

Based on your results, your provider may recommend:

- Earlier, more frequent or additional cancer screenings, which may include colonoscopies, mammograms, breast MRIs or skin exams
- Additional medications or changes to some of your existing medications if you've already been diagnosed with cancer
- Preventive measures, such as surgery, for you and/or your family members

Your results may also help guide the care of your family members. If you test positive for a certain mutation, your close blood relatives can be tested for the same mutation. Your positive test result means there's a 50% chance that your parents, siblings and children have the same mutation.



How much does genetic testing cost?

Genetic testing is typically submitted through your insurance for coverage. Because every insurance plan is different, your exact out-of-pocket cost can vary. However, most insurance companies provide good benefits for this type of test.

The genetic laboratories we partner with also offer:

- Financial assistance programs
 - These can significantly reduce your cost depending on your household income and extenuating circumstances
- A cash-pay price option
 - If you prefer not to use your insurance, you may choose a self-pay price. You can choose this after you get a cost-estimate from insurance. Many labs offer a testing at \$249.

Other FAQs

Q: Is genetic testing a required part of my treatment?

A: No, genetic testing is completely optional.

Q: Does a positive result mean I have cancer?

A: No. The presence of a mutation simply means that you may have an increased risk for developing cancer in your lifetime.

Q: How long does genetic testing take?

A: Testing is collected and shipped to our lab testing partner. The process generally takes about three weeks to complete, and results are sent directly to our genetics team.

Q: Will my results be shared with anyone?

A: No. Per HIPAA guidelines, your results will not be shared with anyone other than our genetics team members and your provider.

Contact Us

For more information, please give us a call at (402) 354-5276.